



# February 2012 Events

## Return to Youth

**Friday, February 3, 8:30am – 1:00pm and  
Monday, February 6, 4:00 – 8:00pm**

Learn how the skin products we use can actually turn back the clock. Kerry Corso, creator of Return to Youth and esthetician, returns to show you how.

## We LOVE Pilates!

**Saturday, February 4, 2:30 – 4:00pm**

Join BBU certified trainers Judy Hamontre and Paula Buttell as you learn to move better and feel better, performing at your best! Focusing on a strong core, we will work on flexibility and balance.

## Sugaring Demo

**Monday, February 6, 4:00 – 8:00pm**

Our cosmetologist, Michelle Grunauer, will introduce you to what this hair removal service is all about. Come in and try it out!

## Power 101

**Monday, February 6, 7:30 – 8:30pm**

Nancy Palmeri will guide you through learning all the basics, from how to load the bar to where your feet should be.

## Lover's Only Tennis Mixer

**Friday, February 10, 6:30 – 8:30pm**

A perfect date night with your sweetheart.  
\$15 per member/\$20 per non-member  
Limited to 24 participants.

## Chocolate Yoga Workshop

**Saturday, February 18, 1:00 – 3:00pm**

Join Susan Diederich for a tasty Mind/Body experience. Enjoy a collision of chocolate and chakra awareness. Open your energy centers while experiencing a heightened sense of taste in a variety of chocolate pleasures.

## Super Soups and Stews

**Monday, February 20, 6:30pm**

Join Whole Foods Market as they present a cooking demonstration of easy to make soups and stews that will amp up your veggie intake while tasting delicious.

**Sign up for events at the front desk.**

**Payment for events is required at the time of registration.**

**MIDTOWN**  
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